SMUHSD Athletics
Informational Presentation

Athletics information for the 2020-2021 school year
Athletics Department

Athletic Directors

Steve Sell
Aragon

John Philipopoulo
Burlingame

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District Personnel

Kevin Skelly
Superintendent

Kirk Black
Deputy Superintendent

Sara Devaney
Student Health Coordinator

Dwayne Taylor
General Manager of Facilities Use
Athletics Governing Bodies

San Mateo Union High School District (SMUHSD)

Peninsula Athletic League (PAL)

Central Coast Section (CCS)

California Interscholastic Federation (CIF)
## CIF/CCS Calendar

### What a typical year looks like

<table>
<thead>
<tr>
<th>Fall (Aug-Dec)</th>
<th>Winter (Nov-Mar)</th>
<th>Spring (Jan-May)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cross Country</td>
<td>Basketball</td>
<td>Badminton</td>
</tr>
<tr>
<td>Football</td>
<td>Traditional Competitive</td>
<td>Baseball</td>
</tr>
<tr>
<td>Girls Golf</td>
<td>Cheer</td>
<td>Boys Golf</td>
</tr>
<tr>
<td>Girls Tennis</td>
<td>Soccer</td>
<td>Lacrosse</td>
</tr>
<tr>
<td>Girls Volleyball</td>
<td>Wrestling</td>
<td>Softball</td>
</tr>
<tr>
<td>Water polo</td>
<td></td>
<td>Swimming &amp; Diving</td>
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<tr>
<td></td>
<td></td>
<td>Boys Tennis</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Track &amp; Field</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Boys Volleyball</td>
</tr>
<tr>
<td>Sport</td>
<td>Practice Start Date</td>
<td>First Day of Contests</td>
</tr>
<tr>
<td>-------------------</td>
<td>---------------------</td>
<td>-----------------------</td>
</tr>
<tr>
<td>Cross Country</td>
<td>12/14/2020</td>
<td>12/28/2020</td>
</tr>
<tr>
<td>Football</td>
<td>12/14/2020</td>
<td>1/8/2021</td>
</tr>
<tr>
<td>Water Polo</td>
<td>12/14/2020</td>
<td>12/28/2020</td>
</tr>
<tr>
<td>Volleyball (Girls)</td>
<td>12/14/2020</td>
<td>12/28/2020</td>
</tr>
<tr>
<td>Volleyball (Boys)</td>
<td>12/14/2020</td>
<td>12/28/2020</td>
</tr>
<tr>
<td>Season 2</td>
<td>Practice Start Date</td>
<td>First Day of Contests</td>
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<tr>
<td>------------------------------</td>
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</tr>
<tr>
<td>Badminton</td>
<td>2/22/2021</td>
<td>3/8/2021</td>
</tr>
<tr>
<td>Tennis-Individual</td>
<td>2/22/2021</td>
<td>3/8/2021</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>3/15/2021</td>
<td>3/29/2021</td>
</tr>
<tr>
<td>Trad. Comp. Cheer</td>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>
Athletic Training

- On-site healthcare for student-athletes
- Healthy Roster - injury tracking software
  - Means of communication
  - Look for email invitation (support@healthyroster.com)
- Athletic Trainers can be contacted via email
- Collaboration with physicians for student-athlete's healthcare
Available for questions/injury evaluation during fall conditioning season - will be providing some coverage for workouts
Some availability for treatment/rehab during workouts
Facilities will be cleaned routinely -- following county guidelines
Limited number of student-athletes allowed in Athletic Training room - physical distancing and masks required
Possibility of outdoor facility
Athletic Clearance

Must be cleared to participate in Fall Conditioning Season

- 2.0 GPA
- 20 credits passed
- Cannot have more than one F
- Schedule a physical
- Sportsnet
Sportsnet Registration

- Locate student I.D. number
- Smuhsd.org & click on students
- Scroll down to athletics
- Click athletics clearance
- Sportsnet websites by school listed
- Click on home school
- Follow the prompts
- Will receive confirmation email
If San Mateo County is off the watch for fourteen days before September 14th, we will renew conditioning workouts using the same rules and expectations from this past summer.

Sites are planning to use many outdoor facilities including stadium tracks and fields, tennis courts, pools, and other spaces unique to each school (such as baseball diamonds).

Each Athletic Department will manage the scheduling process in tandem with district office personnel and will publish them accordingly.
Fall Conditioning Workouts
Schools will continue to work within a set of standards that meet and/or exceed County Health Office guidelines. Examples include:

- All sessions will be outside
- Athletes will be expected to complete a Pre-Participation Exam complete with temperature check
- Specific field entrance and exit strategies will be used
- Hydration stations will not be used, athletes must bring their own water bottle
- Workouts will be limited in numbers of participants and duration
Health & Safety
CDPH Youth Sports Q & A effective 8/3/20

- **Safety practices** will align with state and local health officials.
- Based on levels of community transmission and in coordination with San Mateo County Health SMUHSD Athletics will adjust to meet guidelines.
- Currently while on the monitoring/watchlist organized youth sports are not permitted.
- **Summer phased approach**: Cohorts in 3 Weeks sessions. Increased level of activity based on stability of cohort. Guidance included less than 6ft feet and use of equipment. After community transmission began to rise (weeks 4-6) we moved back to phase 1 increased safety protocols.
Health & Safety Student Expectations

Prioritize health and safety
❖ Do not expose others
❖ If a student is sick or has someone at home that was possibly exposed
❖ After extended travel
❖ Identify risks early and communicate often

Daily health screenings
❖ Temperature checks & symptom screenings
❖ Maintain attendance records by cohorts

Exposures
❖ Positive case within a cohort results in closing that cohort
❖ 800+ student athletes 2 confirmed cases in 6 weeks
Facilities during Season 1 & 2

- Each school site will manage their facilities calendar
- Multiple sports in need of practice/contest time
- In some cases, alternative practices may be needed. This includes use of weight room or film study as alternatives to use the field or court
Weekend/Holiday expectations during Season 1 & 2

- Considering the impact of sports, especially Season 2, Saturdays will be an expectation for practices and contests.
- For some sports, dealing with holidays and Spring Break will be new and everyone will have to communicate, adjust and be flexible.
Concurrent Participation in Sports

For this year only, student athletes can play more than one sport.

a. League schedules will not be made or adjusted with this in mind

b. The student, coaches, and athletic at each school will meet and discuss the best course of action regarding students who want to play more than one sport in a season. This will be a major concession for coaches. FLEXIBILITY and COMPROMISE are going to be required by everyone involved.
Rule 600 (Club Sports Rule)

- For this year only, student-athletes can play for their club and school concurrently.
- The student, coach, and athletic at each school will discuss the best course of action regarding accommodating students who want to play for their high school sport at the same time as they play for their club.
Projected Summer 2021
Drop In Use

- Effective September 14 or earlier, track, and tennis courts will be available for drop in use. Students will need to reserve a space beforehand. Students do not need to be cleared for these activities.
- Health screenings will be completed prior entering facilities
- Hours 3:30 to 8:30 p.m. Mon-Fri or by school direction
- Scheduled athletic workouts will determine drop-in hours.
- More details will be forthcoming
Q&A
Thank you

Contact us:

athletics@smuhsd.org